

non-gluten containing ingredients menu

starters

homemade seasonal soup (v) with a gluten free bread roll	5.25
marinated olives (v) mixed olives, fresh herbs and garlic	3.95

salads

baked goats cheese (v) mixed leaves with roasted red pepper and a red onion marmalade	6.95/11.95
superfood salad with grilled chicken breast, goats' cheese, cucumber, radish, pistachio nuts and mixed leaves with pomegranate dressing	7.95/13.95
king prawn and crab meat with peas, purple grapes, mange tout and chilli and apple dressing	7.95/14.95

mains

pan fried chicken breast wrapped in parma ham, with broccoli, crushed potatoes, edamame beans and silver skin onions served with a lemon & sage sauce	14.95
seabass fillets with brown shrimp, spinach, green beans, pan roasted potatoes and caper & lime butter	16.95
pan roasted calves' liver with garlic mash, carrots, pickled red cabbage and sticky green relish	15.95
pulled lamb shoulder with a lamb cutlet with dauphinoise potatoes, puréed carrots, red cabbage and redcurrant sauce	17.95
pan fried hake with garlic layered potatoes, mushrooms, leeks and pea & mint sauce	15.95
pan fried gressingham duck breast with red cabbage, carrots, spinach, roasted potatoes and Madeira sauce	17.45
baked haddock fillet with pea purée and hand cut chips	13.45
chargrilled 10oz gammon steak with poached duck egg, pineapple and hand cut chips	13.95
28 day aged 10oz rump steak with baked field mushroom, grilled plum tomato and hand cut chips	17.95
28 day aged 8oz ribeye steak with baked field mushroom, grilled plum tomato and hand cut chips	19.95
28 day aged 8oz fillet steak with baked field mushroom, grilled plum tomato and hand cut chips	25.95

desserts

ice cream & sorbet selection	5.45
fresh fruit salad	5.95
chocolate truffles	6.25

Please note that we do endeavour to keep the fryer oil used for our chips free from gluten, however this is not always possible. If you suffer from a severe intolerance then please enquire with a member of the management team as to whether the oil can be guaranteed to be gluten free at the time of your visit.

Our sauces are made in-house using a thickening agent (Mc Dougalls) that does not list any cereals within its ingredients. It does however state that it may contain wheat.